



**Get A Kit**

**Make A Plan**

**Be Informed**

**Get Involved**

## **Get A Kit**

When preparing for a possible emergency situation, it's best to think first about the basics of survival: fresh water, food, clean air and warmth.

### Recommended Items to Include in a Basic Emergency Supply Kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps

### Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from [www.ready.gov](http://www.ready.gov)
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper - When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children

### **Emergency Supply Kit**



Printer-friendly list of supplies.



Text Version



View a list of recommended supplies.

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## 2 Make A Plan

Make sure you have a family emergency plan. Your family may not be together when disaster strikes, so it is important to plan in advance: how you will contact one another; how you will get back together; and what you will do in different situations.

### Family Emergency Plan:

- It may be easier to make a long-distance phone call than to call across town, so an out-of-town contact may be in a better position to communicate among separated family members.
- Be sure every member of your family knows the phone number and has coins or a prepaid phone card to call the emergency contact.
- You may have trouble getting through, or the telephone system may be down altogether, but be patient.

### Emergency Information:

Find out what kinds of disasters, both natural and man-made, are most likely to occur in your area and how you will be notified. Methods of getting your attention vary from community to community. One common method is to broadcast via emergency radio and TV broadcasts. You might hear a special siren, or get a telephone call or emergency workers may go door-to-door.

### Emergency Plans:

You may also want to inquire about emergency plans at places where your family spends time: work, daycare and school. If no plans exist, consider volunteering to help create one. Talk to your neighbors about how you can work together in the event of an emergency. You will be better prepared to safely reunite your family and loved ones during an emergency if you think ahead and communicate with others in advance.

### Family Emergency Plan

This is a full-color, two-sided document. PDF format - 581 Kb



Adobe Acrobat PDF - Print Version



Adobe Acrobat PDF - Web Version - active input fields to enter information.

### Ready Kids Activity Book

This is a full-color, two-page document. PDF format - 2.4 Mb



Adobe Acrobat PDF

### Ready Kids Poster

This is a full-color poster. PDF format - 692 Kb



Adobe Acrobat PDF

### Ready Kids Teaching Guide

This is a full-color, 8-page document. PDF format - 456 Kb



Adobe Acrobat PDF



### 3 Be Informed

Being informed about the different types of emergencies that could happen where you live and the appropriate ways to respond to them will impact the decisions you make and the actions you take.

In addition, learn about the emergency plans that have been established in your area by your state and local government.

### Get Involved

After preparing yourself and your family for possible emergencies by **getting a kit, making a plan** and **being informed**, take the next step and **get involved** in preparing your community.

### For more information contact:

#### Iowa Homeland Security and Emergency Management Division

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Camp Dodge, Building W-4

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(515) 281-3231

<http://www.IowaHomelandSecurity.org>

<http://www.BeReadyIowa.org>

#### Iowa Department of Human Services

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